

The “Secret” to Healing Illness and Pain.  
Especially Headaches and Migraines

Communicating  
with Your Symptoms!

*This May Be  
The Most Powerful Healing Technique Ever Discovered*

By

Ti Caine C.H.T.

Hypnotherapist - Healer - Speaker - Life Coach

818-995-1331

[Ti@FutureVisioning.com](mailto:Ti@FutureVisioning.com)

**FutureVisioning™**  
**Hypnotherapy, Healing and Life Coaching**  
**15446 Deerhorn Road**  
**Sherman Oaks, Ca. 91403**

[Ti@FutureVisioning.com](mailto:Ti@FutureVisioning.com)

818-995-1331

[www.FutureVisioning.com](http://www.FutureVisioning.com)

# Communicating with Your Symptoms!

## *This May Be The Most Powerful Healing Technique Ever Developed*

Your body is your “best friend” and most intimate partner in this physical life, but it doesn’t speak English, so it continually communicates to you through emotions, sensations and images. If you learn to partner with your body it can be your greatest ally, and if you learn to understand the communications from your body and the communications from your symptoms, you can reduce or eliminate diseases and pain, you can enjoy your body, and every part of your life can work better!

My name is Ti Caine. I am a Hypnotherapist, a Healer, a Speaker and a Life Coach and I am writing to you because I know you have incredible healing powers within you. I know this is the core of my being because 26 years ago I healed myself instantaneously from a life threatening disease by connecting with the innate power that we all possess to create healing and to create health.

Since that painful but empowering experience, I have guided thousands of clients through the very same process that I’m sharing with you here, and they have successfully healed every kind of disease there is: from Menopause to Migraines, Anxiety and Chronic Fatigue, Fibromyalgia to Cancer.

Below is a partial list of specific problems and diseases that my clients have healed using my FutureVisioning process combined with the Communicating with Your Symptoms Technique that I’m sharing with your here:

- ADD
- ADHD
- Addictions
- Agoraphobia
- Alcohol
- Allergies
- Anger
- Anorexia
- Anxiety
- Asthma
- Breast Cancer
- Bulimia
- Cancer
- Cervical Cancer
- Back Pain
- Child Abuse
- Chronic Fatigue
- Chronic Pain
- Compulsive Behavior
- Compulsive Eating
- Concentration
- Constipation
- Creativity Block
- Depression
- Drug Addiction
- Dying
- Eczema/Psoriasis
- Emotions
- Fear of Dying
- Fear of Flying
- Fear of Future
- Fears
- Fibromyalgia
- Forgiveness
- Frigidity
- Headaches
- Hurt
- Hyperactivity

- Impotence
- Incest
- Infertility
- Insomnia
- Loneliness
- Memory
- Menstrual Cramps
- Migraines
- Motivation
- Munieres Disease
- Nail Biting
- Night Terrors
- Nightmares
- OCD
- Pain
- Panic Attacks
- Panic Disorders
- Past Life Pain
- Phobias
- PMS
- PTSD
- Psoriasis
- Rashes
- Relationships
- Self Confidence
- Self Esteem
- Self Sabotage
- Sexual Abuse
- Sexual Dysfunction
- Sexual Enhancement
- Shingles
- Sleep problems
- Spiritual Growth
- Spirituality
- Sports Enhancement
- Stop Smoking
- Stress
- Suicide
- Tension
- Test Anxiety
- Tinnitus
- Vertigo
- Weight Loss
- Women's Issues

This process works for every kind of illness because is not about fighting an individual dis-ease, it is about empowering you to Design and Create the Healthy, Happy and Successful Future that you really want, and then showing you how to communicate with your own body and symptoms so you can understand and heal the issues that keep you from stepping into your Awesome Future.

Obviously, in your Ideal Future, you don't have the disease or the pain that you are dealing with right now!

So by designing and connecting with your Ideal Healthy and Happy Future you are setting a vision and moving in the direction of creating Your Ideal Life. By then entering into a "dialogue" with your body and your symptoms, you can learn to understand what they are saying to you. You will ultimately discover that the messages in your illnesses are actually there to help you create a great life.

In fact, as you consider communicating more consciously with your body it is really helpful to realize you already understand and communicate with your body in thousands of little "dialogues" and interactions every day".

For example:

Imagine you are out shopping and while you are walking along you notice that your stomach is communicating with you and saying, "I'm hungry," The communication comes through a feeling that you can recognize and easily understand if you are paying attention...

You then respond to that message by looking around to see what food might be available and you see a Bakery/Restaurant just up ahead and your brain says to you, maybe through words that you hear in your head, or maybe just through a sense of knowing, “That restaurant should be good, I think I might like a turkey sandwich.” That thought creates a sense of happiness and you go with your thought and feeling towards the restaurant.

If you notice then your feet then might send you a feeling that says, “Good, we’ve been walking for quite a while and we’re ready for a rest.” And so they communicate and cooperate with you and your brain, and they walk you into the restaurant.

As you enter the restaurant, you can smell the wonderful aroma of fresh baked bread and fresh coffee and you understand the message from your nose that this seems like “The right place”.

And so on, and so on, hundreds or thousands of messages throughout the day.

This is obviously a simplified description of just a tiny portion of the communication that is going on constantly between you and your body, but there is an important understanding that can be drawn from this example... and that is that you are already communicating with your body all the time. You already are very familiar with the language of your body, you do know how to understand many of the thoughts, feelings, images and ideas that your body is constantly communicating to you... But...

### **Here's the problem:**

**As soon as pain shows up or something goes wrong in your body, you feel yourself starting to getting sick, you decide that you are too fat, your back starts aching or your head starts hurting, what you’ve been taught to do is “STOP LISTENING”! You stop paying attention!**

**You not only stop paying attention to the pain of the problem, but you also stop paying attention to your body overall.**

**You basically abandon Your Best Friend, because he or she now has a problem, and you get angry, and do everything you can to AVOID your symptoms, DISCONNECT from your body and SHUT OUT the messages it is sending you.**

**The ugly part of this is that rather than being a friend in a partnership, you now become a dictator trying to force your best friend and the symptoms to go away... You attack your body and your symptoms and try to control them with your anger, affirmations, drugs, invasive surgeries, aggressive diets and treatments instead of listening to the very important messages your body is trying to give you.**

Your symptoms are all symbolic communications, and once you can understand the "message" it is trying to give you. Once you really receive and understand the message that the dis-eased part of your body is sending you, the messenger... the dis-ease or symptom, can go away.

By partnering with your body, as you would with a dear friend, you will learn two important things:

- 1. Pleasurable sensations in your body** are telling you that you are doing the right thing, going in the right direction towards a positive future.
- 2. Pain and dis-ease** are, on the other hand, telling you that you are off course and are headed in a wrong direction.

Pain and dis-ease will also tell you in detail what the problems are, if you will pay attention. Like the warning lights on the dashboard of your car, they tell you where the problem is and often they will indicate specifically what the problem is.

Sometimes, with your car, you get a general warning light saying for example "check engine". You then have to go to the mechanic and he will hook your car up to a computer which will look deeper into the issue and tell you exactly what is wrong and what needs to be fixed.

That's what you're going to learn here today, how to go deeper into the system to find out the specifics about what is wrong and what needs to be done to fix it!

It may tell you about specific limiting beliefs or suppressed emotions that are stuck inside of you, or it may tell you it is trying to protect you from a perceived threat, perhaps it will communicate that you must make a significant change in your relationship or your career, or it may communicate that it is just trying to help you get the love that you really want through being weak or sick or helpless.

The big problem here is that since you were never taught how to partner with your body, it often winds up attempting to make these necessary changes through subconsciously acting out in desperate and unhealthy ways.

The good news is that your body does know how to be strong and healthy, so by partnering with it, understanding and responding to what it is telling you, you can not only release and heal any symptom or dis-ease, but you can also open to new heights of health, enjoyment and pleasure.

I have used this technique for over thirty years with every type of physical illness or pain and *When done honestly, this process always creates profound insights and often creates instant healings!*

**Your body knows how to be healthy, and you can help it be healthier and happier if you will really learn to listen to it and work with it. This process is about communicating with your body so you can develop a loving and honest partnership that you can enjoy for all of your life!**

**You can read through this whole process several times to get familiar with the whole journey and then you can go through it from memory, you can have someone guide you through the process, you can read it into a recorder and start and stop the recording as you go, or you can follow the steps with your fingers and open your eyes just enough to take the next step.**

1. Begin by sitting or lying down in a comfortable position and take several deep breaths... breathe deeply and allow yourself to really let go on the exhale so that you can relax. As you are breathing and relaxing, pay attention to your body. Notice what you are feeling, and notice, even if you have discomfort in some areas of your body, notice how good it feels to give yourself the time to relax and pay attention to your body.

2. Now, as you relax and breathe deeply, begin by imagining the healthy, happy and successful future that you really want... a future with you living a truly fulfilling life. See your wonderful future with as much passion, desire and enthusiasm as possible...
3. Then focus your attention on the pain or illness or symptom that you have and honestly feel your emotions, the sadness, frustration, pain, hopelessness and anger that you feel because of this symptom or disease.
  - Be aware, on a scale of 1 to 10 how intense the pain is.
  - Notice the shape, color and texture of this energy in your body.
  - Let this energy become an image or a thing. Be genuinely curious and explorer whatever image comes, whether it seems right to you or not. Notice what the image is... Get to know it. Observe it in as much detail as possible.
  - What features draw your attention?
  - What qualities does this image convey to you?
  - What feelings do you have as you observe the image?
4. Now honestly feel how you feel about this disease or pain or symptom... What feelings do you have as you observe the image? Express your real feelings, honestly, and forcefully, directly toward the image. Be particularly honest with the taboo feelings of anger, hate, hurt, fear, betrayal, etc.
  - Tell the image what you want, honestly and forcefully. Like "I hate you!" "I am afraid of you." "I want you to get the hell out of my body!"
  - Listen and observe carefully to how the image responds. Notice even the subtle responses and changes.
5. Now take a big breath... And then switch and become the image. Use your imagination as the powerful tool that it is and really let yourself feel what it is like to be that image or energy. What do you notice as you become the image, energy, illness or symptom?
  - Even though this is the most important step of the process, you may find yourself resisting becoming the image because you have probably spent years or decades hating and fighting and avoiding this energy. But the

more you can feel, be, understand and own this symptom, the faster you can heal it. Most people are surprised to find that when they become the energy or the symptom there is actually a very real “fit”, and amazing understandings can come quite easily. (Because, the truth is, you create everything in your reality! And owning your creation is the fastest and most powerful way to change anything!)

- Pay attention. Be curious.
  - What does it feel like to be the image, energy, illness or symptom?
  - How do you, as the image, feel about being told to “get the hell out of my body”?
  - How do you, as the image, feel about the person whose body you are in?
  - What do you, as the image, really feel and want?
  - What are you trying to get your host to do?
  - What do you want to tell them?
6. After a while, you can switch back to yourself, continue the conversation, and see what you can learn. Be honest with your emotions... Respond to that energy/image in you. Tell it how you feel now, and what you want.
- You can ask questions to get more information like:
  - What do you want from me?
  - What do you want me to do?
  - Why are you here, really?
  - What do you need from me?
  - What are you trying to tell me or do for me?
7. Become the energy or symptom and answer those questions, and ask yourself, as you are being the energy:
- “Who created me”? or
  - “Who hired me for this job?” Ultimately the most honest answer to this question is... Yourself! Either consciously or unconsciously, the metaphysical truth is that you create everything in your reality. And the way to change it is to:
    1. Own that you have created it...
    2. Understand why... (particularly looking at the secondary payoffs)
    3. Forgive yourself...
    4. And then you can change it.

This is how all change and healing works.

8. Become yourself again with these new understandings and look at the image to see how it has changed.
  - How is it different? It virtually always changes, sometimes dramatically, sometimes subtly...
  - What have you learned that you didn't know before?
  - What does it want?
  - How do you feel about what it wants?
  - Ask yourself; Am I willing to make the changes that are being asked of me?
  
9. Alternate back and forth, being yourself and communicating with the image, and then being the image and responding. Be honest, be curious, and see if you can ultimately work out a partnership where you both win... perhaps if you agree to pay more attention and respond to your body and your emotions, then the pain can go away. Through this process you can also ask your body to give you gentler messages.
  
10. Additional insights can be achieved by lifting above, or stepping outside these two roles and seeing or sensing what a wise observer might understand about you, the symptom, this dialog and the whole situation. Look for the payoffs or secondary gains do you see yourself getting from having this illness or symptom? Are you willing to give up these payoffs?
  
11. As you complete the process, very often the symptom or pain will be gone or will be going away, so notice how and how much the symptom has changed... and remember, every bit of change counts. Frequently, immediate results are created, but sometimes there is more to learn and therefore let yourself be willing to do this process several times if necessary.

Your body, your feelings and your beliefs all deserve loving attention. Every wise teaching says "love yourself," but most don't really tell you how. Some have even said, "Love your disease"... but usually don't tell you how... so many "positive thinkers" try to act like they love the illness that they actually hate, that never works... so using this technique to actually communicate honestly with and understand your illness is a more effective and powerful way to love your illness and love yourself.

12. Then spend a little time envisioning and feeling yourself vividly and passionately living your Awesome, Healthy, Happy and Successful Future.
13. Gradually bring yourself back to here and now and notice how you feel. Very often by having this dialogue with your own body and your symptoms you can completely release them while learn about yourself , and develop a very rewarding pleasurable partnership with your body.
14. Since this is an on-going learning process, it would be very valuable for you to keep a journal or in a book or on your computer so you can write about what you experienced and how you feel... notice the changes and differences you feel even if they are slight changes... every bit of change counts.
15. It's also very important to get the FutureVisioning Worksheets that help you Design and write down what Your Ideal Future will look like make sure to describe what your future will be like with you living in a healthy and happy partnership with your body.
16. You can share this process with your children or your clients also. It is most powerful when you are guided through the steps so you can just be fully involved in the experience with your own body, so if you would like to be guided through this process;

Most often this process produces immediate changes, but it can take some time to really develop your new relationship with your body, especially if you have been hating it, or avoiding it for many years. Often there is more to learn from a given symptom than can be absorbed in just one session, so be loving and forgiving with yourself. Be willing to do this process several times on an issue until you have really learned what the messages are, and realize that you will be in an intimate partnership with your body for many years to come so it is worth taking the time and energy to learn how to communicate with your “Best Friend”.

The goal here is to create here is a lifelong partnership with your body where you heal whatever diseases and pains you have as quickly as possible, and then you get to stay in touch with your body as you live and enjoy a more pleasure filled life.

You can guide others through this process also, your clients, your friends and it works very powerfully for children and young people.

If you would like some help being guided through this process yourself, please let me know.

I wish you a graceful, enlightening and empowered journey to a healthy, happy and fulfilling future.

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